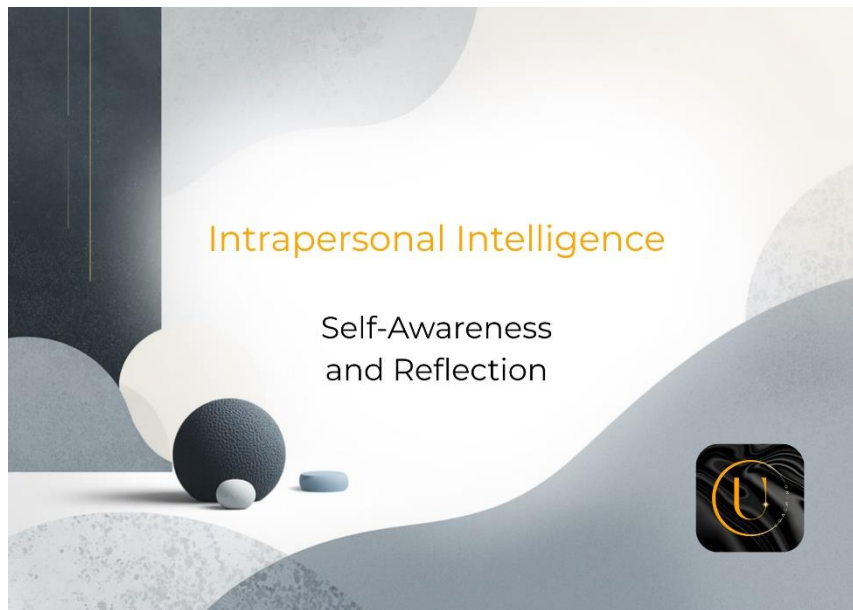


Day 4: Intrapersonal Intelligence – Self-Awareness and Reflection

Theme: Exploring your inner world



Today is a journey inward. Focus on your thoughts, feelings and reflections as you walk.

Before the Walk:

Set an intention to reflect inwardly. Perhaps there is a question or theme you have been contemplating in your life.

Walk Guidance:

As you walk, try to clear your mind of distractions. If your thoughts wander, gently guide them back to the present moment.

Reflect on your own feelings – what is going on internally?

Practice mindfulness by turning into your own physical emotions. How does your body feel as you move?

Reflection:

- How did this walk help you gain clarity on your thoughts or emotions?
- Was there a moment of self-discovery during the walk?